

# Historical Villages Itinerary

## 4 Days



From the Douro to the Beiras, a Journey  
through History, Culture, and Traditions

# Four Days in Historic Cities and Villages of Portugal

Universe offers an exclusive 4-day itinerary that combines historic cities, centuries-old villages, and the untouched landscapes of Portugal's interior.

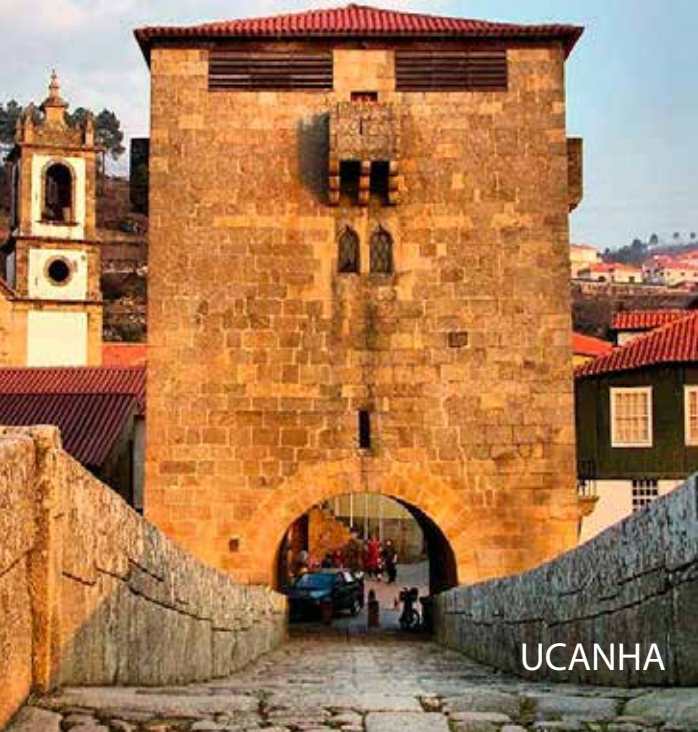
From Porto to Amarante and Lamego, passing through the deep Douro, the journey leads to medieval villages such as Ucanha, Marialva, Sortelha, Belmonte, and Trancoso, where walls, traditions, and living histories are revealed.

The experience emphasizes authenticity: slow food gastronomy, regional wines, preserved customs, and encounters with artisans and local inhabitants.

Amid wine estates, historic centers, and mountain ranges, travelers immerse themselves in Portugal's tangible and intangible heritage, collecting unique memories of beauty, culture, and identity.

At Universe, Travel Never Ends, it makes experiences eternal, through sensory itineraries steeped in tradition and history.





UCANHA



AMARANTE



LAMEGO



LAMEGO

## 01 Day Amarante/ Ucanha/ Lamego

Morning departure from Porto towards the city of Amarante for a stroll through the medieval historic center and a tasting of convent sweets.

Head towards Régua for lunch at Quinta de Santa Eufémia, serving simple and vinous Douro cuisine; sample sausages, goat, and a Tawny from small producers.

In the afternoon, visit the Historic Village of Ucanha, stroll through the village, including a bridge and medieval tower (historic Cistercian toll).

Suggested interaction: chat with locals about the grape harvest and the role of the Varosa River.

Departure to Lamego, visit the historic center, and dinner and accommodation at Quinta da Pacheca.



TRANCOSO



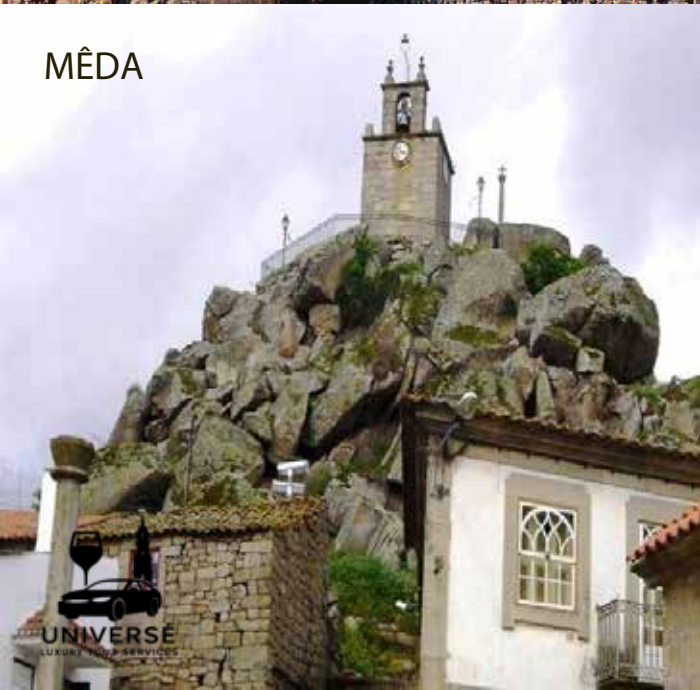
PENEDONO



MARIALVA



MÊDA



## 02 Day Penedono/Mêda/ Marialva/Trancoso

Morning departure towards Ervedosa do Douro Viewpoints over the terraces; brief visit to the wine-growing village, with a mini-tasting with a family producer (olive oil, olives, jeropiga).

Next, visit to Penedono, the historic town dominated by the polygonal fortress (the only one in Portugal).

Regional lunch in Mêda at a regional tavern (chestnut soup in autumn, Mirandese steak, Maronesa veal). Then a brief visit to the historic center.

Afternoon visit to Marialva (Historic Village) walled citadel, pillory, granite houses, short visit to a basketwork or linen workshop with local artisans.

Accommodation at the Solar Sampaio e Melo within the historic center of Trancoso, and a sunset tour of the Jewish quarter and walls. dinner with sausages and Serra cheese.





SABUGAL



SORTELHA



BELMONTE



FUNDÃO

## 03 Day Sabugal/Sortelha/ Belmonte/Fundão

Morning departure for Sabugal, a historic town with a visit to the five-cornered castle, the Côa River, and memories of ancient fairs.

Then visit Sortelha (Historic Village): one of the best-preserved medieval villages and visit the historic center.

Lunch (Sortelha): Cheese and sausage board from Serra, black-eyed pea migas, roast goat (made to order).

Afternoon visit to Belmonte (Historic Village): castle, Jewish and Crypto-Judaism Museum, Zêzere Ecomuseum.

Overnight destination Fundão Historic Village with a tour of the historic center and a traditional dinner.

Overnight at Hotel Convento do Seixo



CASTELO NOVO



CASTELO NOVO



## 04 Day Castelo Novo/ Piodão

Morning - Trip to the historic village of Castelo Novo, visit the walls and historic center, a medieval granite village with a Templar castle, a central square, and preserved centuries-old traditions.

Departure for the Schist Village of Piodão, with a visit and tour of the village, a schist mountain village, houses embedded in the hillside, blue windows, and living community history in the Serra do Açor.

Typical and regional lunch in Piodão, one of the historic villages affected by the tragedy of the fires in Portugal, and whose recovery we want to help promote.

Afternoon - return to Porto via Coimbra

PIODÃO



An adventure through historic towns and cities, featuring slow-cooked authentic foods, landscapes of terraces and mountains, centuries-old walls, schist, and granite. Local experiences: harvests, crafts, living traditions, and shared memories.

Playbook – 4-Day Itinerary through the Historic Villages and Towns of Portugal

Day 1 – Porto/Amarante/Régua/Ucanha/Lamego

Morning - Departure from Porto to Amarante, tour of the medieval historic center: São Gonçalo Bridge, church, and granite streets, and tasting of convent sweets (papos de anjo, lérias).

Lunch - Trip to the Santa Eufémia Farm (Régua). Douro cuisine: sausages, roast goat, and Tawny Port wine.

Afternoon - Visit to the Historic Village of Ucanha: medieval bridge and tower, former Cistercian toll house. Suggested interaction: conversation with locals about the harvest and the role of the Varosa River.

Evening - Arrival in Lamego, and tour of the historic center (Sanctuary of Our Lady of Remedies, Cathedral, castle).

Dinner and overnight stay at Quinta da Pacheca.

Day 2 – Lamego/Ervedosa do Douro/Penedono/Mêda/Marialva/Trancoso

Morning - Departure towards Ervedosa do Douro and visit the viewpoints overlooking the Douro terraces. Mini-tasting at a family-run producer: olive oil, olives, and jeropiga.

Visit Penedono, dominated by the polygonal fortress, unique in Portugal.

Lunch - in Mêda, at a regional tavern: chestnut soup (autumn), Mirandesa steak or Maronesa veal, and a short stroll through the historic center.

Afternoon - Visit to Marialva (Historic Town): walled citadel, pillory, and granite houses.

Evening - Arrival in Trancoso, accommodation at Solar Sampaio e Melo (historic town), with time for a sunset tour of the Jewish quarter and walls and dinner with Beira sausage.

Day 3 - Sabugal / Sortelha / Belmonte / Fundão

Morning - Departure for Sabugal: visit the five-cornered castle, the Côa River, and memories of ancient fairs.

Continue to Sortelha (Historic Town), one of the best-preserved medieval towns.

Lunch in Sortelha: a board of Serra cheeses and sausages, black-eyed pea migas, and roast goat.

Afternoon - Travel to Belmonte (Historic Town): castle, Jewish and Crypto-Judaism museums.

Evening - Arrival in Fundão: tour of the historic center and a traditional Beira dinner, and accommodation at the Hotel Convento do Seixo.

Day 4 - Castelo Novo/Piódão/Porto

Morning - Departure for Castelo Novo (Histo Town): walls, Templar castle, medieval atmosphere.

Continue to Piódão (Schist Village): houses embedded in the mountains, blue windows, and a living community history.

Lunch - Typical regional meal in Piódão, with mountain dishes (goat, beans, homemade bread).

Afternoon - Return to Porto, passing through Coimbra and the end of the tour.



# Historic Villages Tour 4 days 3 nights

## 2880.00 Euros - price per person

### What's Included

Private transfer from the airport to your hotel upon arrival.

Private transportation with a driver-guide for the 4-day itinerary.

3 nights' accommodation in 4- or 5-star hotels for one person, including daily breakfast in a double room, low season.

24-hour escort by a specialized professional.

Travel in a comfortable, air-conditioned vehicle, with fuel and tolls included.

### What's Not Included

Personal expenses for lunches, dinners, drinks, and individual extras.

Entrance to museums, monuments, wine or snack tastings, or optional experiences.

Services not specifically mentioned in the program.





## Experiences on the Universe Tour (depending on the season)

### 1. History & Living Heritage

- Guided tours of historic towns and villages (Amarante, Ucanha, Marialva, Sortelha, Belmonte, Castelo Novo, Piódão).
- Visits to medieval castles and walls with explanations from local guardians.
- Nighttime tours of Jewish quarters (Trancoso, Belmonte).

### 2. Immersion in Culture & Customs

- Conversations with locals about harvests, agricultural, and community traditions (Ucanha, Ervedosa, Rio Varosa).
- Basketwork, linen, and weaving workshops in historic villages.
- Demonstrations of Sephardic Jewish traditions in Belmonte.

### 3. Slow Food Gastronomy & Conventual Sweets

- Tasting of conventual sweets in Amarante (papos de anjo, lérias).
- Typical lunches in regional bars: chestnut soup, Maronesa veal, roast kid, black-eyed pea migas.
- Tastings of Serra cheese, Beira sausage, and homemade rye bread.
- Tastings of Tawny Port and Douro wines at family-run farms.

### 4. Regional Flavors & Local Products

- Tastings of extra virgin olive oil and olives (Ervedosa, Marialva).
- Tasting of mountain honey and homemade jams.
- Artisanal smoking experience (sausage, cured ham).
- Discovering aromatic mountain herbs used in traditional cuisine.

### 5. People & Ancestral Knowledge

- Meetings with artisans of schist (Piódão) and granite (Castelo Novo).
- Oral histories about ancient fairs, local legends, and myths.
- Participation in short workshops on homemade bread in a wood-fired oven.
- Conversations with family producers of wine, olive oil, and cheese.

### 6. Landscape & Contemplation

- Viewpoints over the Douro terraces and the Gardunha/Açor mountains.
- Sunset photography tours in Sortelha, Marialva, and Trancoso.
- Experiences of silence and spirituality in Castelo Novo and Piódão.

Together, these experiences are not just visits, they are authentic immersions in the local rhythm, aligned with the new Luxury Universe: less volume, more meaning



# TOUR OF HISTORIC VILLAGES

Travel Never Ends, come as a traveler  
and leave as a friend.



[www.universe.com.pt](http://www.universe.com.pt)